|  |  |  |  |
| --- | --- | --- | --- |
|  | 6Th Grade | 7th Grade | 8th Grade |
| FMCIM | Soccer  Frisbee  Volleyball – beachball, balloons  Wallyball  Disc Golf  Basketball | Football  Basketball  Wallyball  Volleyball  Soccer | Speedball  Angleball  Basketball  Volleyball  Soccer  Football (Hardy)  Frisbee |
| HRFL | Fitness Stations  Jump Roping  Relays  Cooperative Activities  -team building  -scooters  Bicycling  Socci | Fitness Stations  Cooperative Activities  -radioactive river  -relays  Bicycling | Personal Fitness Plan  Cooperative Activities  -orienteering  Bocce  Kin-ball |
| MC | Field Hockey  Kickball  Racquet Sports  Pickleball  Softball  Cup Stacking | Softball  Tennis  Floor Hockey  Ping Pong  Kickball  Fatbat  Handball  Lacrosse  Indoor team sports | Hand Ball  Tchoukball  AC Baseball  Softball  Lacrosse  Badminton  Archery |
| PF | Fitness Testing  Circuit Training | Fitness Testing  Circuit Training | Fitness Testing  Circuit Training |
| PADMD | DDR  Party Dances  Wrestling | DDR  Aerobics  Zumba  Taebo  Pilates | Zumba  Aerobics  Martial Arts |

CAMS North/South Physical Education Curriculum Based Activities 2012-2013

* Track and Field – discus, shot put